CANADA PUTTING LIFE QUALITY AT RISK PG. 3







Suspicious death now called city's sixth homicide

PROBE A death previously pegged as an accident is now being ruled Ottawa's sixth homicide of the year.

Police said yesterday that a 51-year-old man found unconscious in a parking lot at the corner of Merivale Road and Shillington Avenue with his bicycle nearby on August 26 was the victim of foul play.

The death of Sean Murphy, 51, brings the city's homicide total to seven in 2008. He was Ottawa's sixth homicide of the year.

Murphy was taken to hospital, where he died as a result of his injuries on September 16.

Police initially called the death "suspicious," but only publicly deemed it a homicide yesterday.

Major Crime took over the investigation on September 22, said Constable J.P. Vincelette.

He said police have no suspects, but they "are confident that there are more people out there with information into this matter."

Witnesses, or anyone with information can contact the Major Crime Section at 613-236-1222 ext. 5493 or Crime Stoppers at 613-233-8477 (TIPS).

TRACEY TONG/METRO OTTAWA

Celebrity pg 18

Winehouse being treated





How to get the Bond bod

Your Money pg 7

Pretending to have it all





Republican Senator John McCain, left, in Tampa, and Democratic Senator Barack Obama, right, in Jacksonville, both campaigned in Florida yesterday in a final push for votes in the bellwether state before today's U.S. presidential election.

America decides

Presidential candidates sprint to wire, with Obama in lead

Polls showed Democrat Barack Obama leading the U.S. presidential election heading into today's voting, with Republican John McCain searching for signs of hope in an increasingly bleak political landscape.

Obama has led McCain in every national opinion poll since late September, and is ahead with more than 300 state electoral votes — more than the 270 needed to win the White House.

McCain's camp says the race has tightened in battle-ground states, but some polls showed Obama expanding his lead in the final days of a gruelling two year campaign.

gruelling two-year campaign. To win, McCain must fend off Obama in a dozen states won by President George W. Bush in 2004. Obama is ahead or running even with the Arizona senator in at least eight, including the big prizes of Ohio and Florida.

McCain is struggling in places like Virginia and Indiana, where Democrats have not won a presidential election since 1964, and in three states with growing Hispanic populations — Colorado, Nevada and New Mexico.

"McCain ... has to pass every test and win every battleground all night," said Peter Brown, assistant director of the Quinnipiac University poll.

But questions remain about the hidden impact of racial issues on voters — Obama would be the first black U.S. president — and

Poll position

• In the eight national polls released by midday yesterday, Obama led by between five and 11 percentage points.

about Obama's ability to expand turnout among young and black voters.

McCain campaigned through seven states yesterday. His aides claimed he'd closed ground recently.

"He could win every red state," adviser Charlie Black said. "Plus, he's probably going to win Pennsylvania

Read an hour by hour election guide for TV viewers at metronews.ca/world and Iowa."

McCain has taken aim at Pennsylvania, a state won by Democrats in the last four presidential elections, as a potential cushion for losses in Republican states. But polls showed Obama leading.

"I don't think there is a path to victory left for Mc-Cain unless he draws an inside straight, which means he wins Virginia, North Carolina, Florida, Ohio, Nevada, Colorado and Indiana — and that's very problematic," said Democratic consultant Doug Schoen.

Share**Your**Views
ottawaletters@metronews.ca

'Have not' cash coming for Ontario

FINANCE Ontario is joining the ranks of Canada's poorest provinces by receiving an equalization payment from Ottawa for the first time.

Starting in 2009, Ontario will receive \$347 million from the \$14.2 billion wealth-sharing program, federal Finance Minister Jim Flaherty announced yesterday.

Ontario's new "have-not" status was confirmed at the same time that oil-rich Newfoundland — long the nation's economic basket case — revealed it's no longer a poor province and will not qualify for equalization in 2009.

Amounts

• The \$347

million for

Ontario is the

second-lowest

amount being

given out un-

der equaliza-

2009-10 fiscal

year. Quebec

gets \$8.35 billion, Manito-

billion, New

\$1.69 billion,

Nova Scotia

\$1.57 billion

million.

and P.E.I. \$340

Brunswick

ba \$2.1

tion in the

"Of course it worries me. I'm an Ontarian, I don't rejoice at this," Flaherty said after meeting Canada's finance ministers in Toronto

Toronto.
"It's kind
of an odd
feeling to
see Ontario
in such difficult straits,"
he said.

Ontario is now among the needy

likes of Quebec, Nova Scotia and Manitoba.

"Regrettably, I expect that Ontario will be in the equalization program for some time to come," because of weakness in the automotive sector coupled with a fall-off in purchasing power in the United States, Flaherty said.

Ontario Finance Minister Dwight Duncan said the province would not be "have-not" for long, but said the federal government must do more to help manufacturers. He had wanted to see a \$4-billion infusion for the car industry instead of a previously announced \$250 million federal aid package. TORSTAR NEWS SERVICE

Police cracking down on transit lane abuse

Bus lanes are for buses. This month, Ottawa Police are targeting motorists driving in bus lanes, running red lights and failing to yield to buses. Last year, 48 collisions resulting in eight injuries, occurred due to the improper use of Reserved Transit Lanes. SELECTIVE TRAFFIC ENFORCEMENT PROGRAM (STEP)

Ottawa



metronews.ca

Snowsuit drive gets rolling

to one of the more than 15,000 local children that the organization will help clothe for the winter this year. The Ottawa-based charity accepts donations of cash and knitted articles as well as gently used outerwear, hats, mitts and boots of all sizes. Donations can be made online through canadahelps.org or dropped off at 255 Donald Street. THE SNOWSUIT FUND

'White poppy' plan provokes

TIM WIECLAWSKI tim.wieclawski@metronews.ca

A local anti-war group says its plans to hold an "alternative" **Remembrance Day** ceremony — featuring a wreath made of white poppies — is not intended as a slight to veterans.

"We believe soldiers are victims of war, the same as civilians," said Ian Harvey, of the Ottawa White Poppy Collective.

"If you are really looking out for the best for human beings, you want to ... vow to work for more peace and figure out ways to avoid more wars. That's how you honor veterans." The group will host a

'white poppy' wreath laying on Nov. 11 that would follow the "socially-sanctioned" event at the National War Memorial, said Brenda Vellino, another member of the collective.

"We feel that when there are remembrance commemorations, they shouldn't focus solely on those who lost their lives in battle, but also the civilians who get caught in the crossfire," she said.

White poppies caused a stir in 2006 when another anti-war group, Edmonton Women in Black, began distributing them in competition with the red poppies that honour Canada's war dead. The group soon ran afoul of the Royal Canadian Legion, which

"We feel that when there are remembrance commemorations, they shouldn't focus solely on those who lost their lives in battle."

Brenda Vellino, Ottawa White Poppy Collective

viewed white poppies as an insult and a trademark infringement.

Legion remembrance coordinator Steve Clark said veterans remain just as 'protective" of the trademark now. Rather than politicizing a symbol dedicated to soldiers, Clark said the group should be seeking its own symbol.

"If they were looking at distributing something to promote the peace movement then something closely associated with peace, such as a dove or an olive branch, might be a more appropriate symbol."

Clark said the Legion would "follow up" on any campaign that infringes on its trademark.

Vellino said the group would dispense white poppies for free. "If they wanted to come after us, as private citizens who aren't selling the poppies, and charge us with copyright infringement, the publicity that would create would be really interesting."

Remembrance, on display

Fallen soldiers' names projected onto monument

Remembrance Day, Nov. 11. Beginning at 5:15 p.m. tomorrow, the names of every Canadian soldier who died in the First World War will be projected onto Ottawa's National War Memorial. The names will be projected until sunrise the next morning, and the display will begin again at 5 p.m. that night. More than 9,700 names will appear each night, and it take seven nights to display the name of every lost soldier. The last one will арpear as dawn breaks

The name of each person will appear once and in random order. The exact night and time when a specific name will appear can be found by visiting 1914-1918.ca. The vigil can also be viewed on

the website. Similar vigils will take place in six other Canadian cities and in London, England. Last year, a similar vigil (pictured) was held at the National Memorial, hon-

ouring soldiers who were killed at Vimy

Ottawans staying fresh with local food

TRACEY TONG

tracey.tong@metronews.ca

If there are two words that describe the taste of Ottawa these days, they're 'fresh' and 'local'.

With recent food scares and a rising interest in environmental issues, Ottawans are becoming more conscious about where their food comes from and increasingly demanding that it be local. And that's opening opportunities for restaurateurs and producers, a conference heard yesterday.

"They'll ask if it's local, if it's free range, and where we get stuff," Basil Yu, a sous chef at Murray Street, said yesterday at the annual Savour Ottawa Networking Summit and Trade Show. "People are getting more health-conscious."

With local food, people can see what the animals are fed and how they're raised, said Thom van Eeghen, co-owner of Kana-

"People are getting more healthconscious."

Basil Yu

ta's The Elk Ranch. Addditionally, he said, buying local "reduces the carbon footprint."

Van Eeghen raises freerange elk on his Kanata farm. The Elk Ranch supplies many of the city's independent grocers and fine restaurants.

"There's a personal relationship," said Murray Street restaurant co-owner Steve Mitton, who gets his elk from Van Eeghen. "I know that they treat their animals well. I can't do that with a New Zealand farmer."

It also boils down to taste, said Heather Hossie, coordinator of Sayour Ottawa. "Food that is coming from a great distance away is picked before its ripe and ripens en route," she



North Gower farmer Matthew Vandenberg, left, and Savour Ottawa coordinator Heather Hossie hold locally grown produce at the Savour Ottawa Networking Summit and Trade Show at the National Arts Centre yesterday.

Cars collide, both drivers nabbed for impaired

the drivers of both vehicles with impaired driving after a collision in the middle of a busy Gatineau intersection yesterday.

A woman suffered head and neck injuries at 12:34 a.m. Monday after an SUV travelling east on St. Louis Boulevard collided with a

TRAFFIC Police have charged Mazda 6 that was turning south on Greber Boulevard.

Gatineau Police Sgt. Roch Lajoie said the female passenger in the Mazda 6 suffered non-life-threatening injuries to her head, neck and back in the collision. Paramedics brought her to a hospital in the Hull sector where she was treated.

The driver of the Mazda 6 and the driver and passenger in the SLIV were uninjured. Police allege that both drivers were under the influence.

The 17-year-old driver of the SUV was arrested and faces charges of driving under the influence and causing bodily harm. Police say

the teen driver turned right on a red light, striking the car. Police also ticketed him for running a red light.

The 38-year-old driver of the Mazda 6 faces charges of driving under the influence and refusing to submit to a breathalyzer test.

TRACEY TONG / METRO OTTAWA

Thieves hit two east-end eateries within minutes

CRIME Despite similarities between armed robberies that targeted two east-end fast food restaurants, police said yesterday the incidents are unrelated.

Ottawa police said yesterday that at 8:09 p.m. on Sunday, a man entered a restaurant at the Elmvale Plaza on St. Laurent Boulevard. The suspect pointed a handgun at the clerk before stealing cash from the

Thirty-five minutes later, two men entered a fast food restaurant on Montreal Road near Carson's Road, and robbed a clerk of cash before running away. In both incidents, the

clerks were uninjured. The suspect in the first robbery is described as a young male with a slim build, wearing black clothing and a black ski

mask. In the second theft, both suspects are described as young, armed with knives, and wearing ski masks.

TRACEY TONG / METRO OTTAWA

Life sentence in 2002 nightclub stabbing death

TOURISM A 25-year-old Ottawa man was sentenced yesterday after he was found guilty of killing a high school student in a local nightclub six years ago.

Carl Michel Belance was given life in prison after a jury found him guilty of second-degree murder in the stabbing death of 19year-old Oladapo Agoro.

Agoro was killed at the former Sub Zero nightclubnear the corner of Dalhousie and Rideau streets on June 7, 2002. Witnesses testified the victim tried to break up a fight when he was stabbed several times.

Belance will not be eligible for parole for 12 years.

CTVOTTAWA.CA

metrenews.ca What's online today.

Read about Democrats' fears of a 2000 repeat, Republican efforts to keep George W. Bush out of sight and more

U.S. election coverage at metronews.ca/world **Play** online Sudoku at metronews.ca/play **Check out** Kenya Hunt's new style column at metronews.ca/ live

Lotteries

Pick 3 0 5 6 Pick 4 7 6 1 4 Encore 9041952 Daily Keno 2, 3, 6, 13, 14, 20, 24, 26, 27, 29, 30, 32, 34, 39, 47, 48, 53, 54, 57, 67. These results are not official.





Patrick Murphy, a Canadian who worked for Markham, Ont.-based Terraquest Ltd., a company that specializes in airborne geophysics, was aboard a plane that went missing Saturday in the Amazon jungles of Guyana, officials said yesterday. **CBC NEWS ONLINE**

3

Canada



metronews.ca

Dancer files discrimination charge

Kim Ouwroulis doesn't believe her age should be a barrier in her chosen career: Exotic dancing. In an unusual test of age discrimination laws, the 44-year-old Toronto-area woman filed a complaint last month with the Human Rights Tribunal of Ontario, alleging the owner of a strip club fired her because she was too old.

CBC NEWS ONLINE

Quality of life at risk: Report

Canada ranks 15 of 17 environmentally

Canada's environmental record is among the worst in the industrialized world, due in part to its poor performance in fighting global warming, according to a report from the Conference Board of Canada yesterday.

Canada placed 15th among 17 peers, beating only Australia and the United States. Greenhouse gas emissions, high garbage production, and rampant overuse of fresh water were its biggest environmental problems.

"Without serious attention to environmental sustainability, Canada puts its society and its quality of life at risk," the independ-

ent research organization said in the report.

Canada's government has been widely criticized for being soft on greenhouse gas emissions, which have been on the rise, partly due to booming development of the Alberta oilsands.

Canada's per capita garbage production, meanwhile, is significantly higher than any other OECD nation, and its per capita water usage is second only to the United States, according to the report.

Sweden, Finland and Norway took the top three slots on the list.

REUTERS

Vancouver Round-the-clock protest



A Falun Gong member rakes leaves in front of their protest structure outside Vancouver's Chinese Consulate yesterday. A hearing to decide the fate of the round-the-clock protest site is underway.

Man pleads guilty to negligence in death of two girls

saskatchewan The father of two small girls who froze to death in January wearing only diapers and light shirts pleaded guilty to criminal negligence yesterday, CBC reported.

Christopher Pauchay, 24, had been trying to walk to a neighbour's home with his daughters Santana, 1, and Kaydence, 3, on a night when temperatures dipped below -35 C.

Pauchay was found hours later with severe frostbite and hypothermia.

REUTERS

News in brief

GAY MARRIAGE Anglican bishop Barry Clarke of Montreal signalled yesterday he would defy the wishes of the global church and start drafting a ceremony for blessing homosexual marriages. While gay marriages are considered legal, churches are not compelled to perform weddings. CALGARY A man who may have been hit with a Taser during a break and enter in Calgary on Saturday died in hospital yesterday. It's not clear whether the man, identified as George Walker Bowe, 30, of Castlegar, B.C., was hit by a Taser or had a pre-existing condition. METRO NEWS SERVICES

And now for some good news...

everyday MARKET Quality and convenience can cost less.









Everyday Market Spaghetti (450 g)

Everyday Market Medium Roast Original Coffee (930 g) Everyday Market Ketchup (1L)

Find these and other great Everyday Market products at select stores. Visit **www.shoppersdrugmart.ca/locator** for the food store nearest you.



4

An ancient grave unearthed in modern-day Israel containing 50 tortoise shells, a human foot and body parts from numerous animals is likely one of the earliest known shaman burial sites, researchers said yesterday. **REUTERS**

World



Warm mushrooms eat less carbon

Mushrooms and other fungi that feast on dead vegetation in the soil in dry northern areas like Alaska and Siberia eat less and produce less climate-warming carbon dioxide when the temperature climbs, researchers reported yesterday. The dry mushrooms' ability to decrease carbon emissions might offset 10 per cent of the entire amount of carbon dioxide released by human activities, researchers said.

Media turn to Internet for election night coverage

Comedy spoofs by Tina Fey and Stephen Colbert have made the U.S. presidential race a made-for-television event, but today many voters will turn to the Internet to watch election night coverage.

Major media organizations expect record-breaking traffic on their websites as they follow results in the race between Republican John McCain and his Democratic opponent Barack Obama.

Cable network Current TV is taking its coverage a

"When you watch CNN, the commentators have laptops in front of them. That tells you all you need to know."

Frank Gilliam

step further, relying entirely on web users to provide its news content.

TV networks' plans for heightened web coverage would seem to serve their audiences well. This past Friday, TV trackers at Nielsen Media released a study suggesting web surfing and watching TV go together. Thirty per cent of online activity at home happens while users are watching TV, the study found.

"Television will follow the Internet as much as the Internet will follow television, which I think is a relatively new phenomenon," said Frank Gilliam, dean of the school of public affairs at the University of California.

"When you watch CNN, the commentators have laptops in front of them. That tells you all you need to know," he said.

Among major news services, CNN predicts more than 1 billion page views on its website, and has planned a "Your Races" feature where users can get updates on even the most remote races, from Congressional contests to state ballot measures.

Bin Laden's media secretary sentenced to life in prison

JUSTICE A U.S. military tribunal at Guantanamo sentenced Osama bin Laden's media secretary to life in prison yesterday after convicting him of conspiring with al-Qaida, soliciting murder and providing material support for terrorism

Yemeni prisoner Ali Hamza al Bahlul was the second man to be convicted by a jury in the war crimes court at the U.S. naval base in Guantanamo Bay, Cuba.

FBI interrogators testified that Bahlul scripted the videotaped wills of two Sept. 11 hijackers and boasted of making a two-hour al-Qaida commercial designed to recruit suicide bombers.

REUTERS

DNA tests confirm death of adventurer Steve Fossett

INVESTIGATION Genetic tests on two bones found near the wreckage of Steve Fossett's airplane in the California mountains confirm the missing multimillionaire adventurer is dead, local authorities said yester-

Fossett widow Peggy Fossett said in a statement she welcomed the news of the DNA match and awaits the

conclusion of the National Transportation Safety Board's probe into her husband's crash.

Fossett, 63, vanished after taking off in a singleengine Bellanca Citabria Super Decathlon on Sept. 3, 2007, from the airstrip of hotel magnate Barron Hilton's ranch in Nevada, sparking a long and massive search.

California Young turning gas guzzlers into green machines



Musician Neil Young looks over his 1959 Lincoln Continental Mark IV that runs on electricity and natural gas during Salesforce.com's Dreamforce conference in San Francisco, Calif., yesterday. Young transformed the automobile through his newly created company, Linc Volt Technology, which promotes the conversion of existing gas-guzzling cars into vehicles that run on alternative energy.

News in brief

COURT Indonesia's Supreme
Court said yesterday that a new
appeal filed by lawyers for relatives of the Bali bombers
against their imminent execution would not delay the sentence being carried out. Three
members of the militant
Islamist group Jemaah Islamiah
were sentenced to death for
their role in attacks on two
nightclubs in Kuta in 2002 that
killed 202 people.

OBAMA The grandmother who helped raise Democratic presidential candidate Barack Obama and whom he had credited with shaping his values has died of cancer, he said in a statement yesterday. Madelyn

Dunham, 86, died peacefully at her home in Honolulu, Hawaii.

SCIENCE Japanese scientists have cloned mice whose bodies were frozen for as long 16 years and said yesterday it may be possible to use the technique to resurrect mammoths and other extinct species.

AFGHANISTAN Gunmen kidnapped a French aid worker in the Afghan capital yesterday and shot dead an Afghan driver for the national intelligence agency who tried to stop the abduction, a senior police officer said.

REUTERS



Whether you agree or disagree with what you read in Metro, we want to know. E-mail your letters to: ottawaletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Comment & Views

Comment

Hero in darkest hour

Obama poised to be the president U.S. desperately needs



rack open the champagne! The world — or so the script has it — changes tonight.

Rarely, if ever, has there been so much fascination in an American election. The anticipated triumph of Barack Obama is being built up as an epochal moment in time. Like John F. Kennedy in 1960, like Franklin Roosevelt in 1932.

The expectations being thrust upon the 47-year-old senator from Illinois are dizzying. Given the series of obstacles he faces — the

"One of Mr. Obama's singular character traits is his independent mind — his capacity to step outside his own prejudices and those of his country."

wars, the debt, the deficit, the Wall Street crisis, the recession — there is a good chance he will be pulled down quickly from the mountaintop. Hopes that he will be a transformative president could begin to fade quickly.

One of Mr. Obama's singular character traits is his independent mind — his capacity to step outside his own prejudices and those of his country. The problem with politicians, he has said, is that they get to Washington and they get "sucked into the conventional wisdom." They haven't got the strength to withstand the pressures to

conform. They haven't conquered their inner territory.

One of the foremost challenges for Mr. Obama, who has an almost mystical quality about him, will be to avoid that trap, to avoid succumbing to the pressures from the political hacks.

On the campaign trail he has been sounding disappointingly conventional of late. He talks, like most every American politician, of the need for big tax cuts — this when the country has a staggering debt and deficit load which make such tax cuts incomprehensible.

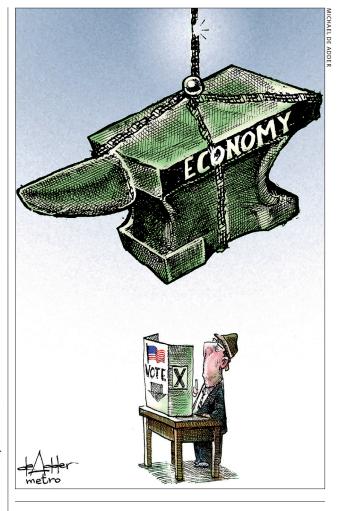
He had a refreshingly in-

clusive foreign policy but under pressure from lobbies it has become less distinguishable from the oldline stuff of John McCain as the campaign has progressed.

Supporters suggest — and we hope they are right — that Mr. Obama is only playing the games that are required to be elected. To read his book Dreams for My Father is to get a sense how different Mr. Obama is, how universal he is. It is what his country needs after the Bush years — a leader with a global mind-set as opposed to a narrow American one.

When the hour is darkest, someone said, the hero will appear. In the story of the United States, it may be that time.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



Letters

Elaine Kiley, OTTAWA

With all this talk about conserving resources, I am left wondering how we can improve our track record.

It occurred to me that employers might consider where a person lives when hiring them.

As far as I'm concerned, and again, I live downtown so call me biased — I can't see any reason why it shouldn't be a big part of the decision making process of any HR

executive.

Urban sprawl is a problem. Smog is a problem. The time it takes to commute is a problem. A sedentary population is a problem. Noise is a problem. Drinking and driving is a problem. There is an easy answer: Don't hire people that do not live close enough to work to walk, cycle or use some other form of manual transportation.

If they must use a vehicle, it should be public transit, by law.

Views

Abuse that breaks a child's trust

By Dr. Catherine C. Classen

The sexual abuse of children is wrong and damaging no matter how you look at it. To suggest otherwise (and believe me, some will) is to be naive, deluded or complicit.

Whenever the perpetrator is a trusted family member or some other trusted caregiver, the effects are particularly devastating.

Research has shown that the effects of being sexually abused by a caregiver are far worse than if the perpetrator is a stranger or someone they know but don't depend on, such as a neighbour.

Knowing this, you may be surprised to learn that the courts in Canada appear to think otherwise.

A study by the Cornwall pedophile inquiry has found that in the sentencing of pedophiles in Canada, those who held a position of trust with their victim received significantly shorter sentences. That's right, shorter sentences.



Dr. Catherine C. Classen

How can this be? One has to wonder whether we, as a society, cannot face the reality of abuse and its consequent damages.

Why is being abused by a caregiver so much more damaging to the victim? Psychologist Jennifer Freyd coined the term "betrayal trauma" to capture the particularly damaging effects of abuse by a caregiver.

A caregiver, such as a parent, is someone the child depends on to meet their basic survival needs, both physical and emotional.

The child abused by a caretaker is in the unten-

able position of needing to retain a relationship of dependency with the very person who is causing them great physical, emotional, and psychological harm.

The child may use a variety of strategies in order to resolve this impossible and devastating dilemma, including blaming his or herself (rather than the perpetrator), repressing the memories (which, unfortunately, does not protect the victim from its effects), or creating alternate personalities to experience the abuse so that other parts of the child can retain a relationship with the caregiver.

None of these alternatives protect the child from the devastating consequences of sexual abuse by a caregiver; consequences which include a sense of being worthless and fundamentally bad and an inability to trust or to form healthy intimate relationships.

Sexual abuse by a caregiver can require years of

"The child abused by a caretaker is in the untenable position of needing to retain a relationship of dependency with the very person who is causing them great physical, emotional, and psychological harm."

psychotherapy and a lifetime to overcome.

We, as a society, need to face the disturbing reality of what it means when a child is sexually abused by someone upon whom they must depend. The courts need to send a clear message that such a betrayal of a child's trust deserves the full weight of the law.

Catherine C. Classen is associate professor in the Department of Psychiatry at the University of Toronto and academic leader of the Trauma Therapy Program at Women's College Hospital.

METRO Ottawa

130 Slater Street, Suite 300 Ottawa, ON K1P 6E2 Tel: 613-236-5058 Toll free: 1-888-916-3876 Fax: 1-866-253-2024

Advertising: 613-236-5058 adinfoottawa@metronews.ca Distribution inquiries: ottawa_distribution@metronews.ca metro_inquiries@metronews.ca ottawaletters@metronews.ca Local:

Publisher, C. Dave Kruse
Managing Editor, Derek Gordanier
derek.gordanier@metronews.ca
Marketing Manager, Ian Clark
Distribution Manager, Bernie Horton

Group Publisher, Bill McDonald Editor-in-Chief, Dianne Rinehart Art Director, Laila Hakim National Sales Director, Susan Courtney Interactive Director, Jodi Brown

Ottawa's #1 read FREE DAILY newspaper. Source: NADbank 2007/08; base: Ottawa CMA







Metro is the world's largest newspaper, with more than 23.1 million daily readers in 100 major cities in 23 countries. metronews.ca

6

National Post cuts presence
The National Post, the flagship daily newspaper of Canwest Global Communications announced yesterday it is suspending home delivery in the province of Manitoba — Canwest's home market — and will only provide Saturday newspapers for retail purchase in Manitoba and neighboring Saskatchewan. REUTERS

Business

DOLLAR

| C\$ | 84.68¢ US |
| 1.66¢ | US\$ | \$1.1809



EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Recession just barely avoided: Think-tank

Canada is expected to barely skirt a recession as slumping trade with the United States, softer commodity prices, and tighter credit markets dim its growth outlook into 2009, the Conference Board of Canada said yesterday.

The independent research group now expects gross domestic product to come in at 0.7 per cent this year, and at 1.5 per cent in 2009. That compares to an earlier forecast, released Oct. 15, of 0.8 per cent growth in 2008, followed by 2.2 per cent next year.

The Conference Board expects U.S. GDP to squeak out just 0.5 per cent growth in 2009, before rebounding in 2010.

Canada will "inevitably suffer in 2009" when demand for products from the U.S. slows, the group said. Canada sends over three quarters of its exports to the United States.

Auto production, which makes up the biggest portion of the manufacturing sector, has dropped off. Auto exports are down 19 per cent this year due to weaker U.S. demand and volatile energy prices.

Government coffers benefited when oil prices spiked to above \$147 US a barrel in July, but the recession took the steam out of oil and other commodity prices — cutting into a significant source of government tax revenue.

But the report said that as markets stabilize, fundamental factors will regain traction and help most raw material prices recover lost ground.

Britain Obama's the winner — and I'll bet on it!



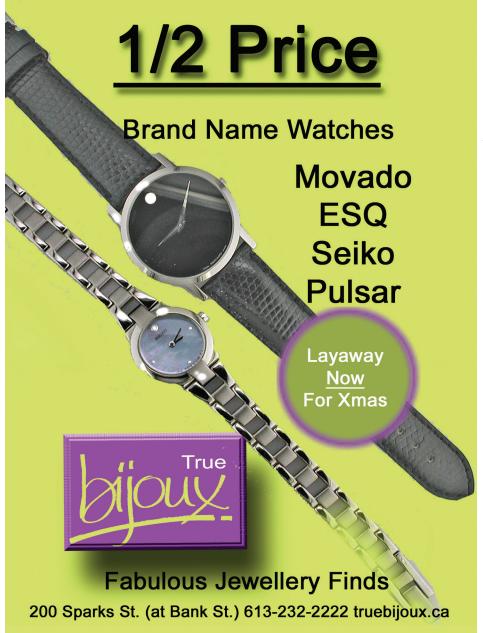
A woman helps impersonators wearing Sarah Palin and John McCain masks, during a photocall organized by bookmakers in central London yesterday. Barack Obama is odds-on favourite to win the U.S. presidential election today, according to English bookmaker Ladbrokes.

Overseas automakers' sales rise

Autos Lower prices led Canadians to buy more vehicles in October, industry figures showed yesterday, with overseas-based manufacturers adding to their market share while Detroit's Big Three were mostly in retreat.

The results, which showed a 1.5 per cent gain in overall sales from the year before, contrasted sharply with U.S. sales, which plunged about 35 per cent in October to near 25-year lows.

Automakers sold a total of 122,711 vehicles in Canada in the month, as sales of import brands such as Toyota and Honda rose 8.8 per cent, while sales for the big U.S. automakers fell 5.4 per cent.



Business in brief

MEDIA Media company Rogers Communications may look beyond the children of its founder for its next chief executive, analysts said yesterday after Ted Rogers was admitted to hospital last week. The frontrunners are children Edward and Melinda, and Nadir Mohamed. MARKETS The Toronto Stock Exchange's S&P/TSX composite index closed slightly down 41.50 points, or 0.43 per cent, to 9,721.26 yesterday as oil and gas stocks such as EnCana and Suncor retreated with the price of crude, which fell again on fears of a global recession.

RAIL Canadian National
Railway will pay \$50 million for
three Eastern Canadian rail
lines it sold in the 1990s, echoing recent repurchases in the
West. The 865 km of tracks in
Ontario, Quebec and New
Brunswick were bought from
Quebec Railway Corp. REUTERS



Interest rates/Savings accounts METRO NEWS SERVICES

BMO CIBC ICICI ING PCF RBC Scotia 0.2% 3.4% 3.0% 3.05% 2.5% 3.0% 0.05% Note: Please check bank websites as some rates require a minimum account balance. business

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Are we Generation Bling?



his past week, the Smart Cookies spoke to 600 bright-eyed high school students about money. We took our message to this next generation with the goal of instilling some financial wisdom that we certainly didn't get (or listen to) at their age.

And a recent study indicates that we are not alone in our financial ignorance. Charles Schwab reports that most "Generation Xers" — aged 27 to 40 are way behind when it comes to retirement savings. Almost half of the 5,000 people surveyed reported being so overwhelmed by debt and living paycheque to paycheque that they could not even begin to think about savings and retirement

about what advice we offer, we also thought about how generations before ours dealt with their money and what advice we could take from them now. One of our own Smart Cookies recalls chatting with her grandfather about how individuals of his age group spent and saved, and his answer was simple: "We had no credit; if we wanted to buy something, we had to have the cash to do so." Sound simple? It is! Here are more lessons from previous generations: Cash, cash and more cash.

As we began to think

It may sound old school, but Smart Cookies live by the cash system. We allow ourselves an allotted amount of "fun money" each week, and when the money disappears, we are not allowed to resort to credit. It's helped us get out of debt, start saving and also has kept our priorities in check.

If the shoe fits, you don't have to buy it.

In recent years, our generation has felt even more pressure to pretend as if we have it all. But really, who are you fooling?

For whatever reason, our generation never learned this lesson. Instead we feel that we are entitled to everything our parents worked their whole lives for — the beautiful home, the luxury car, the fabulous wardrobe — by the time we are 30. You will have all these things, just not right now. If you wait until you can truly afford them, these possessions will mean much more. Whose life are you living

It's easy to fall into the trap of trying to keep up with your friends when it comes to portraying an image, but if it means using your credit, it's time to reconsider your priorities.

In recent years, our generation has felt even more pressure to pretend as if we have it all. But really, who are you fooling? Not your friends or your family, who know that you are living way beyond your means. And we are willing to bet that your boyfriend doesn't care whether you have the latest Prada bag!

Visit smartcookies.com for more money-saving tips and e-mail questions or comments to smartcookies@metronews.ca.

And pick up our book, The Smart Cookies Guide to Making More Dough, on sale in bookstores.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.





Ready, set, tax-free savings

Henry

Like many Canadians, I have lost tremendous value in my investments both inside and outside my RRSPs. I plan to strategically sell some of them to minimize my tax burden, including a transfer to the new tax-free savings account.

The past several weeks have been very stressful for many Canadians — particularly upon the receipt of their monthly investment statements. Most financial advisors would not recommend selling after portfolios have taken such a huge hit. However, individuals that have made their decision to sell some stocks should do so with Prime Minister Stephen Harper and his merry band in waiting.

Investments sold inside RRSPs will not have tax consequences. RRSP losses cannot be used against in-

Choo Chona choochonghcga@yahoo.ca come in their tax filing.

Money **Matters**

Should an individual choose to withdraw any of these funds from their RRSPs, Harper will be more than happy to accept contributions.

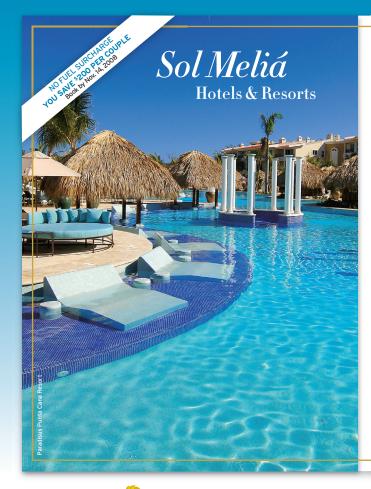
Proposed in the 2008 budget, the new tax-free savings account (TFSA) becomes available in the new year. Individuals with any spare cash but with no desire to share with Harper should consider opening a TFSA.



For details about the TFSA, read the full column at metronews.ca

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca

AIR CANADA 🏶 VACATIONS



EARN 5,000 BONUS AEROPLAN MILES PER MEMBER¹

FREE ADVANCE SEAT SELECTION

and exclusive features

Compliments of Air Canada Vacations

Cancun/Mayan Riviera

Gran Meliá Cancun • 5★

All-Inclusive • Royal Service deluxe rm. Jan. 3 • 1 wk.

ME Cancun • 5★ Level lagoon rm. Jan. 3 • Í wk.

Paradisus Riviera Cancun Resort • 5 ★

All-Inclusive Royal Service garden view junior suite Jan. 3 • 1 wk.

Los Cabos via Toronto

Meliá Cabo Real • 41/2★ All-Inclusive • Deluxe garden view rm. Dec. 20 • 1 wk.

Punta Cana via Toronto

Paradisus

Punta Cana Resort • 5★ All-Inclusive • Royal Service regal romance oceanview suite Jan. 5, 6, 12, 13, 19 & 20 • 1 wk.

Paradisus Palma

All-Inclusive Royal Service deluxe garden view suite Jan. 5, 6, 12, 13, 19 & 20 • 1 wk.



aircanadavacations.com Call 1866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between Nov. 4 & 8/08. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada Vacations brochures. Ontario registration #\$0013537. Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. For terms and conditions of the Aeroplan program, consult tww.aeroplan.on. ■ Earn 500 bnows. Aeroplan Miles if booking is made by Nov. 30/08 for departures between Nov. 1 & Apr. 30/09. ■ *Aeroplan is a registered trademark of Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. *Air Canada Vacations is a registered trademark of Air Canada Vacations of up-to-date information.

Sixteen universities in the U.S. and Canada have MBA programs with emphases, concentrations or specialization in environmentally and socially responsible business, according to the Association for the Advancement of Sustainability in Higher Education. GREENBIZ.COM

MBA Guide

Women execs supported: Study

Female executives are backed by emotionally-supportive husbands more often than previous research would suggest, a study co-authored by a York University professor has found. According to the research, women rank this emotional support as the biggest enabler of their success in work and family life. **METRO NEWS SERVICES**

EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Degree that opens doors

Visit us at

TORONTO

South Building

12:00-5:00 pm

MONTREAL

5:00 -9:00 pm

Centre Mont-Royal

2200 Mansfield Street

Monday, November 10

The MBA Tour

255 Front Street West

Saturday, November 8

Metro Toronto Convention Centre

BRIAN TOWIE brian.towie@metronews.ca

MBAs can advance a career, but it takes time and money, and your circumstances may dictate whether or not it's worth your while to pursue one.

A Master's Degree in **Business Administration** helps to break barriers and get you closer to the job you want at lucrative pay, and it's not just for the Bay Street boardroom types who pour

over charts and demographics as one might think.

Many MBA programs offer hands-on opportunities to learn outside of the classroom — studying abroad, setting up entrepreneurial initiatives in community, networking with senior executives a student can pick up valuable business acumen and experience in a number of ways.

"What an MBA does for people is (it) exponential-

your school's surrounding ly broadens their view of what business is all about. It's an economic study of the way the world works,' says Barbara Jaworski, founder of The Workplace Institute and author of Kaa-Boom! How To Engage The 50Plus Worker And Beat The Workforce Cri-

> "If you've hit a ceiling, it's also an excellent way to start a new career."

> It's the degree that cross-pollinates, adds Tricia Ryan, author of marketing resource Hungry To Succeed. book

> Even coupled with a degree that may be unrelated to business, economics and finance, an MBA shows trainability more than one discipline and can lead to advancement in various fields.

> "There's a realization that you've got a range of skills, and that can put you in senior positions in the long term," she said.

> Some MBA schools have figured this out. University's York Schulich School of Business blends its MBA program with elective subjects such as arts and media, property development and health industry management.

Of course, it takes a se-

"What an MBA does for people is (it) exponentially broadens their view of what business is all about. It's an economic study of the way the world works. If you've hit a ceiling, it's also an excellent way to start a new career."

Management going green

Barbara Jaworski, founder of The Workplace Institute

rious investment of cash and time to yield that wealth of experience.

Students can expect to pay through the nose for an MBA (one of the most expensive ones being the University of Toronto's Rotman School of Business' full-time MBA program, which runs more than \$67,000), and curriculums can keep you out of the job market for more than a year.

You must therefore ask yourself if an MBA merits that kind of commitment, says Ryan, noting part-time and 12-month intensive programs are growing in popularity among graduates and professionals.

"That is a challenge. Though it is a fabulous work experience, it's harder to go back and do an MBA if you're already making six figures," she said.

You have to think about how far you are in your career. Let's say you went somewhere where would cost \$100,000 per year. How many years you would need to work to pay that back? If you've been working for some time, consider how many years you have left. Do you have the time?"

> MBAs can help you climb the corporate ladder but it's useful to consider time and money factors before enrolling into a program.

Three unique Schulich MBA degrees to accelerate your career



PART-TIME EVENINGS/DAYS/ALTERNATE WEEKENDS

The Schulich MBA allows you to maximize career options by choosing from 18 different specializations, including business functions such as Finance and Marketing, as well as innovative options like Real Estate and Infrastructure, and Health Industry Management. Gain real-world experience and a competitive edge with the MBA program's six-month strategic consulting project. Customize your studies with flexible options: two campuses, multiple start dates and interchangeable fulltime/part-time study.



INTERNATIONAL MBA

The Schulich IMBA is your ideal choice if you're a Canadian or international student intent on pursuing a global career. You'll leverage international interests and experience by specializing in global trading regions and studying overseas. You'll make second language skills a competitive advantage and gain firsthand business experience during a work term abroad. As a future global business leader, you'll be internationally focussed, culturally sensitive and prepared to operate



KELLOGG-SCHULICH EXECUTIVE MBA

The Kellogg-Schulich EMBA offers you global contexts, global content and global contacts. On alternating weekends for 18 months (with no classes in July and August), you'll gain international perspectives on global strategic management and decision-making from the exceptional faculty from Kellogg, Schulich and Kellogg's global EMBA partners. As well, you'll be able to personalize your studies through electives offered at Kellogg, and global electives offered at EMBA partner schools abroad.

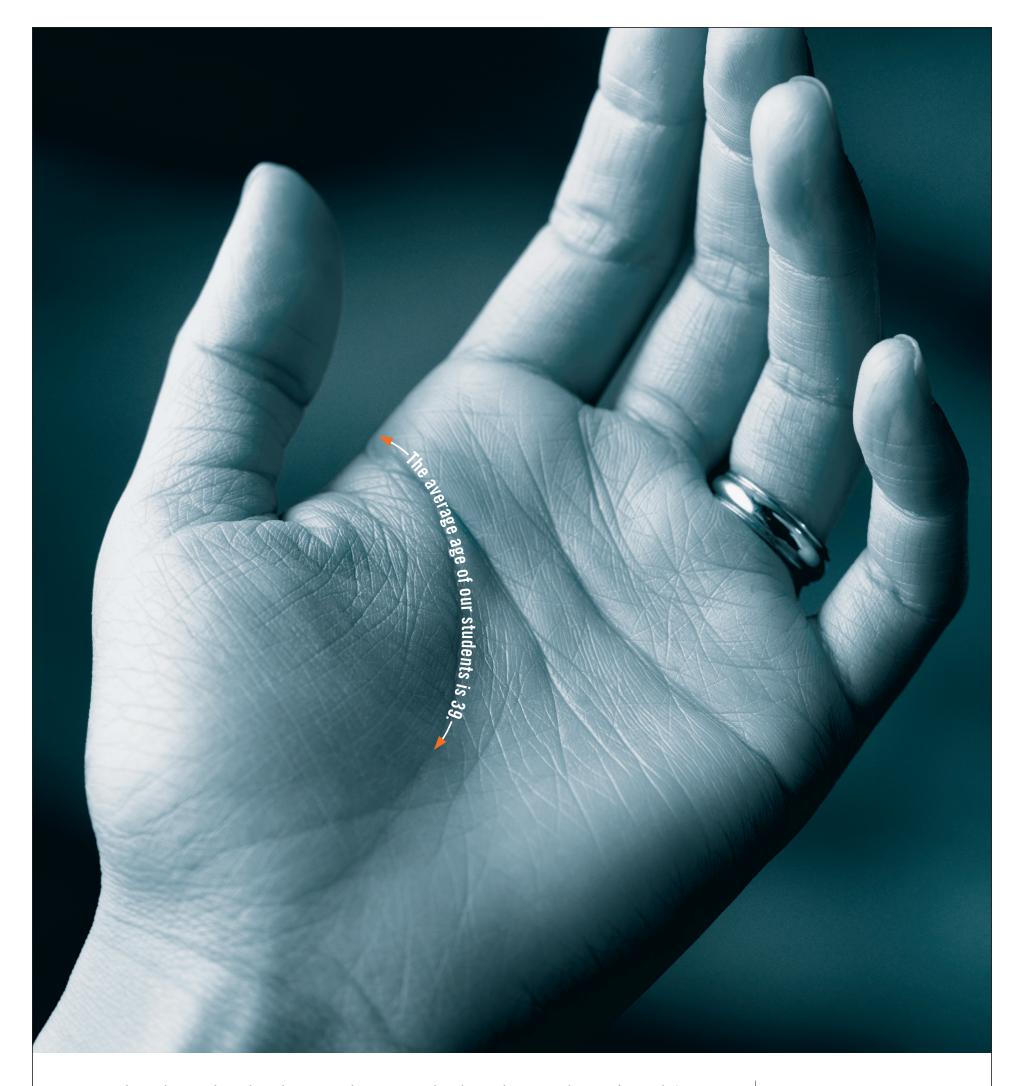
SCHULICH LEADS IN RANKINGS

The Schulich MBA is ranked in the world's top tier of best business schools by leading publications, including The Wall Street Journal (11th in the world in "Top International Schools" ranking): The Economist – Economist Intelligence Unit (15th in the world): Forbes (4th best school); and Expansión (23rd in the world) in their most recent global surveys. The Schulich MBA is also ranked #1 in Canada by the same publications.

Kellogg's global network of Executive MBA programs, including the Kellogg-Schulich is ranked **#1 in the world** by *The Wall Street Journal* in its inaugural EMBA survey. The Kellogg-Schulich EMBA is ranked #1 in Canada by the Financial Times of London in

Full-Time: MBA, Accelerated MBA, International MBA, MBA/LLB, MPA Part-Time: Evenings, Days, Alternate Weekends, Accelerated





Those who attend Royal Roads are more than just typical students. They are working professionals (average age, 39) with families, jobs and responsibilities beyond the classroom. Through the combination of online learning, a collaborative cohort-based learning model, and short, on-campus residencies, we create an environment that helps our students achieve both the balance they require and the experience they deserve.

► That's why you belong here, at Royal Roads.

 $For more information \ please \ call \ 1\text{-}877\text{-}778\text{-}6227 \ or \ visit \ royal roads. ca$



10 mba guide

Job site targets MBAs

TAGHREED SAADEH for Metro Canada

Canada's newest job site is helping employers find highly skilled MBAs.

"It is the only MBA job site in Canada catering to employers who are looking for highly skilled and educated professionals who have expertise in demanding areas such as finance, accounting, operations, project management, business development, human resources, marketing, and IT," said Maggie Austring, president and founder of MBAjobs.ca.

"Employers will ... find very high-quality applicants from our large diverse pool of MBA professionals," she added.

Finding and hiring innovative and knowledgeable talent has never been more important than in today's business market, said Austring, who is also a professor in the business fac-



Canada's MBAjobs.ca helps employers find highly skilled MBAs.

ulty at the University of Regina.

"MBAjobs.ca centralizes all the MBA-related needs in one place," she said. "A true, simple, and an effective solution to hiring in the Canadian MBA job market," she said.

"We are not the same as other online job boards; we have an innovative team paying close attention to the job posting results.

"We are serious about getting results for our employers," Austring added.

According to MBAjobs.ca, 40 per cent of MBA-required jobs across Canada are finance related, and the most MBA-required jobs are in Ontario (46 per cent).

Students test their mettle

Entrepreneur Michele Romanow is turning her caviar dreams into reality.

Romanow, an MBA graduate from Queen's University, along with undergrads Anatoliy Melnichuk and Ryan Marien, groomed their idea for a caviar-producing fish farm into the winning entry at a prestigious business plan competition at the University of Western Ontario.

Now they're harvesting caviar roe from wild Atlantic sturgeon and selling it to restaurants across Canada for \$80 to \$100 an ounce, while seeking \$6 million in venture capital to develop their own fish farm.

MBA students and undergraduates at business schools across Canada participate in case competitions to hone their problem solving, entrepreneurial and presentation skills. Competitions may be inhouse or corporate-sponsored and open to national or international entries.

Winners earn everything from trophies to big cash prizes, and sometimes receive plum job offers from top companies or attract the attention of venture capitalists.

Romanow's group won the \$25,000 first prize at Western's IBK Capital-Ivey Business Plan Competition in March and, with four other victories and two second-place finishes in other competitions, the group earned a total of \$100,000 in prizes that they used to



participate in competitions to win venture capital.

start Evandale Caviar.

Evandale has sold 75 per cent of the product to date to about 50 high-end establishments across Canada.

"There's no question the case competitions were a critical factor in our success," Romanow says. "We got incredible feedback from the judges, who are some of the top venture capitalists."

York University MBA grad Hazhir Ghayouri parlayed his success in case competitions into a top job with consulting firm Capgemini Canada.

Ghayouri, now 28, emigrated with his family from Iran at age 16 and worked as an engineering consultant after graduating from the University of Waterloo. Eventually he entered York's Schulich School of Business and was on a fourmember team representing the school in local, national and international case competitions.

It was during one inhouse event sponsored by Capgemini that he attracted the attention of company principal Brian Smith, and was hired as a senior management consultant.

His team finished second in that competition by proposing solutions to a drop in revenues at a major international chain of coffee shops

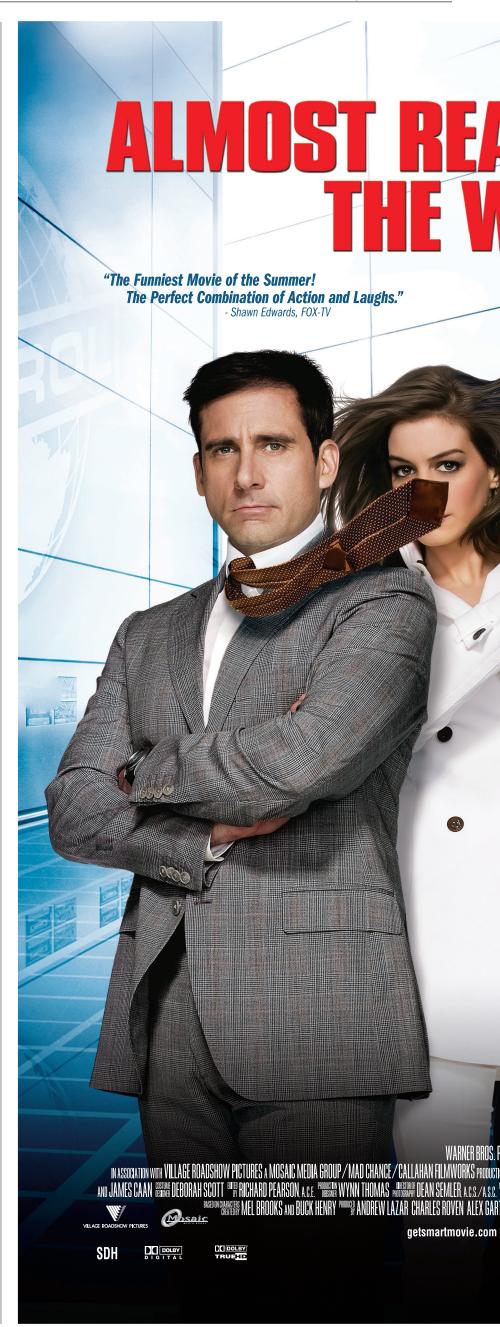
Ghayouri's team impressed the judges by presenting a case for refocusing on the core products that made the chain successful and for closing unprofitable stores.

At most business schools, case competitions are voluntary and elimination rounds are held in-house before a final group of teams is selected to compete for the top spots. Teams get anywhere from a few hours to a few days to study a case drawn from the real business world, devise a strategy and present it to the judges.

Schulich played host to two company-sponsored case competitions three years ago, but corporate interest has grown.

Ryerson University's MBA program is just entering its third year but the school has already shown well in case competitions.

A Ryerson team finished second in the TATA Cup at Schulich, the school's first case competition, and won the marketing and strategy case competitions at the national MBA games at Mc-Master. TORSTAR NEWS SERVICE



TO SAV TWO-DISC SPECIAL EDITION 'Funny and exciting. **OWN IT TODAY** ON DVD AND BLU-RAY HI-DEF ON A PETER SEGAL FILM STEVE CARELL ANNE HATHAWAY DWAYNE JOHNSON ALAN ARKIN "GET SMART" TERENGE STAMP -REGION PETER SEGAL STEVE CARELL BRENT O'CONNOR JIMMY MILLER DANA GOLDBERG AND BRUCE BERMAN TNER MICHAELEWING WHITEN TOM J. ASTLE & MATT EMBER WHITEN PETER SEGAL warnervideo.com © 2008 Warner Bros. Entertainment Inc. All rights reserv

Sports

SPORTS@METRONEWS.CA

Ovechkin back vs. Sens

Alexander Ovechkin returned to the Washington Capitals on Monday, practicing with his teammates after a week away to spend time with his ailing grandfather in Russia.

The reigning Hart Trophy winner and last season's leading scorer was among the first few players on the ice at the team's practice facility, out with coach Bruce Boudreau about 15 minutes before the full session began. He skated Monday with his usual linemates - centre Nickas Backstrom and right-winger Viktor Kozlov and is slated to play tonight, when the Caps play the Sens at Scotiabank

Washington went 1-1 without Ovechkin, beating the Nashville Predators in a shootout at home, then losing 5-0 to the Buffalo Sabres on the road Saturday night.

Ovechkin thanked Capitals general manager George McPhee for letting





The Capitals went 1-1 with Ovechkin out of the lineup.

him leave the team to be with his mother's father, who helped raise Ovechkin.

"It shows you how good people (they are) here — how they love me, how they respect me and how they respect my family," Ovechkin said.

The Russian hasn't scored a goal in his past six games, and he acknowledged Monday his grandfather's health was weighing on him. Being away "helped me a lot," Ovechkin said. He skated with a team of teenagers to keep in shape while in Moscow. METRO NEWS SERVICES

Sens trade Nikulin for Fata

NHL The Senators acquired defenceman Drew Fata from the Phoenix Coyotes yesterday in exchange for forward Alexander Nikulin.

Fata, 25, has no points in seven games this season with Phoenix's American Hockey League affiliate in San Antonio. The brother of former NHLer Rico Fata, he signed with Phoenix as a free agent in the summer.

Nikulin, 23, was Ottawa's fourth-round pick in the 2004 NHL entry draft. The six-foot-one 203pound centre recorded two goals and had a minus-one rating in five games with the AHL's Binghamton Senators this season.

Ballesteros speaking

GOLF Five-time major winner Seve Ballesteros has spoken to his family as he makes progress in his recovery from a third operation on a brain tumour. The 51-year-old Spaniard underwent his third operation on a brain tumour just over a week ago.

His family posted a statement on the golfer's website on Monday, thanking everyone for their messages of support.

REUTERS

Iverson traded to Pistons

NBA The Detroit Pistons acquired four-time NBA scoring champion Allen Iverson from the Denver Nuggets yesterday in a blockbuster deal that sent Chauncey Billups, Antonio McDyess and Cheikh Samb to Colorado.

After watching Detroit knocked out in the Eastern conference finals for a third consecutive year in May, president Joe Dumars had promised to shake things up.

He delivered on his word just two games into the new season swapping Billups, the most valuable player on the Pistons 2004 championship team, for Iverson, the 2001 league MVP.

"We are pleased to welcome Allen Iverson to the Pistons organization," Dumars said on the NBA website. "Allen has proven he is one of the elite players

in the league and we like what he adds to our roster at the guard position."

Taken with first overall by the Philadelphia 76ers in the 1996 NBA draft, Iverson has been one of the league's most consistent and dynamic scoring threats averaging 27.7 points per game in 13 seasons.

A nine-time all-star, 33year-old Iverson averaged 18.7 points and 6.7 assists in the

Nuggets'opening three games this season.

The move to Denver will constitute a home-coming of sorts for Billups and McDyess, who both had stints with the Nuggets earlier in their careers.

Billups, who was born in Denver and played his college ball in Colorado, was a cornerstone of a Pistons team that made it to the Eastern conference finals for six consecutive years.

The 32-year-old point guard has averaged 14.8 points and 5.5 assists in 12 NBA seasons, that has also

included stops in Boston, Toronto and Minneso-

McDyess will be embarking on his third stint in the Mile High City having played for the Nuggets from 1995-97 and again from 1998-2002.

REUTER

Iverson may make his Pistons debut in Toronto on Wednesday.

Ducks' trio Ryan Getzlaf, Corey Perry and Teemu Selanne shared the NHL's first star honour after combining for 28 points last week. METRO NEWS SERVICES

Alouettes the new odds-on favourites

Before the CFL season kicked off in late June, the Montreal Alouettes were perceived as so inept and so incompetent that they were ranked as the longest of longshots to capture the Grey Cup championship.

They were 110-to-1 underdogs — with all seven of the CFL's other squads ranked by oddsmakers ahead of them, including the Toronto Argonauts, who were listed as Grey Cup favourites at 2.35-to-1.

And so it boggles the mind that, as this little league of lunacy prepares only four months later to launch its playoffs, it was the Argos who turned out to be inept and incompetent — and ineligible for post-season participation while Montreal has emerged as the team to

In fact, when the oddsmakers updated their CFL



odds yesterday, the Als were listed as the new Cup favourites, at 2.25-to-1.

They are followed by the

Calgary Stampeders (2.5-to-1), the Saskatchewan Roughriders (8-to-1), the B.C. Lions (10-to-1), the Winnipeg Blue Bombers (17-to-1) and the Edmonton Eskimos (19-to-1).

• The Als finished atop the Eastern Division and defied the odds this season because:

-New head coach Marc Trestman quickly adapted to CFL-style football when skeptics suspected his strictly-NFL background would prevent him from doing so.

–Quarterback Anthony Calvillo, at 36, bounced back from a 2007 season of on-field and off-field adver-

-Every other Eastern team, including Toronto, were dreadful.

• The Als need only two victories — the Eastern final and the Grey Cup game, both on their home turf to win the CFL championship, which is largely why they're post-season favourites, but I'm sticking with the team I chose before the season —the Stamps, who have a firstrate offence with MVP can-

didate Henry Burris, their quarterback, as well as running back Joffrey Reynolds and receiver Ken-Yon Rambo. Reynolds and Rambo led the CFL in rushing and receiving, respectively.

And here's something else for the Als to worry about: The second-place finisher in the East has advanced to the Grey Cup game in three of the past four years. Winnipeg finished second in the East this season.

• And, in baseball, B.C. native Ryan Dempster has let it be known he's planning to jump from the Chicago Cubs as a free agent because the club will not offer him more than a three-year contract.

Dempster, an all-star pitcher in the past season, is 31 and wants at least four years guaranteed. Either way, he's due for a bulky raise and will make no less than \$12-million U.S. a year. The most he made for any of his seasons with the Cubs was \$5.5-million.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Favourites

 Oddsmakers have established the Blue Bombers as 2.5-point favourites over the Edmonton Eskimos for Saturday's Eastern semi-final in Winnipeg. The Roughriders, meanwhile, are 3.5-point favourities over the B.C. Lions for Saturday's Western semi-final in Saskatchewan.

Sports in brief

BASEBALL Ruben Amaro Jr. signed a three-year contract Monday to become General Manager of the Philadelphia Phillies, a quarter-century after he was a bat boy for the team. Amaro just completed his 10th season as assistant Phillies GM and replaces the retiring Pat Gillick.

NFL The Detroit Lions are turning to a former Pro Bowl guarterback for help in trying to win their first game of the season. Daunte Culpepper has agreed to a two-year deal with the Lions and said Monday he would sign it after taking a physical.

METRO NEWS SERVICES

I A Clinners 0 3 000

LAST NIGHT'S GAMES

Orlando 96 Chicago 93

Philadelphia 125 Sacramento 91

Detroit 101 Charlotte 83

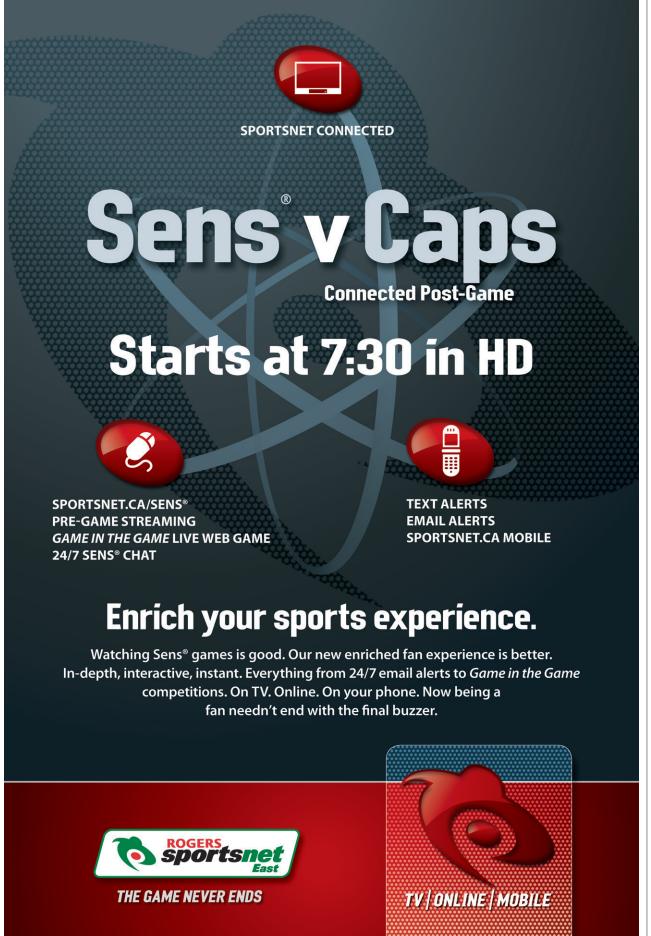
Memphis 90 Golden State 79

Cleveland at Dallas

Utah at L.A. Clippers

0 4 .000

Sacramento



SCOREBOARD 6 4 1 13 Washington 0 2 .000 Vancouver 6 6 0 12 CENTRAL DIVISION EASTERN CONFERENCE 5 6 0 10 NORTHEAST DIVISION PACIFIC DIVISION Chicago 2 .500 Buffalo W L OL PTS Milwaukee 2 2 .500 Montreal 1 1 17 San Jose 10 2 0 20 Indiana 1 1 .500 6 3 3 Boston 15 Anaheim Cleveland 13 Dallas 6 2 OTTAWA WESTERN CONFERENCE Phoenix 4 5 0 Los Angeles SOUTHWEST DIVISION ATLANTIC DIVISION LAST NIGHT'S GAMES 3 0 1.000 N.Y. Rangers 10 3 1 21 Buffalo 2 New Jersey 0 New Orleans 3 0 1.000 N.Y. Islanders 4 Columbus 3 (OT) New Jersey 3 2 14 Memphis Colorado at Chicago Pittsburgh 6 4 2 14 TONIGHT'S GAMES Philadelphia San Antonio 0 2 .000 N.Y. Islanders at N.Y. Rangers N.Y. Islanders 3 7 2 Carolina at Toronto NORTHWEST DIVISION Washington at OTTAWA W L OL PTS Nashville at Vancouver Utah 2 0 1.000 6 3 2 14 Anaheim at Los Angeles Minnesota 1 1 .500 5 4 1 11 Minnesota at San Jose Washington Tampa Bay Portland 4 6 1 9 **NBA** Oklahoma City 0 2 .000 Atlanta 3 7 2 8 EASTERN CONFERENCE PACIFIC DIVISION ATLANTIC DIVISION W I PCT W L PCT. WESTERN CONFERENCE 3 0 1.000 CENTRAL DIVISION Phoenix Boston 2 1 .667 W L OL PTS Golden State 1 3 .250 Philadelphia 2 2 .500

New Jersey

New York

Atlanta

6 4 1 13

5 3 3 13

4 6 2 10

7 4 1 15

W L OL PTS Charlotte

7 2 1 15 Miami

NORTHWEST DIVISION

Nashville

Chicago

Columbus

Calgary

1 1 .500

W L PCT.

2 0 1.000

2 2 .500

1 2 .333

SOUTHEAST DIVISION

Film reveals experience of 'orgasmic' birth

Filmmaker Debra Pascali-Bonaro, an internationally known childbirth expert, recently released a new film that reveals the experience of an 'orgasmic' birth, aptly called Orgasmic Birth. For more information, visit her website at orgasmicbirth.com. TORSTAR NEWS SERVICE

lifestyle 13

Health



Freshen up those runners

Tackle odours with fun styles and fresh scents by using Sneaker Balls. These are small air fresheners that are meant to fit anywhere — from inside your sneakers and gym bag to into a locker or clothes hamper. The deodorizing balls come in two scents, power mint and fresh scent, and five different designs, including happy faces, soccer and golf balls. Available at Wal-Mart, Mark's Work Wearhous and Sport Chek for \$5.99.

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO AMETRONEWS.CA

Get the Bond bod

Building lower-body strength is important, trainer says

BRIAN COULTON for Metro Canada

Your mission, should you choose to accept it:
Bulging biceps, washboard abs, impenetrable pipes and a chiselled jaw.

Oh, plus a sharp secret-operative intellect, weapons proficiency and the ability to make A-list actresses swoon over you.

If Daniel Craig can play James Bond, why can't you? Sure, maybe you can't prod the barhop for a shaken martini as suavely as he can, but a Bond body may be attainable.

Jon Bula, personal trainer and owner of Vancouver's

Groundworks Athletics, says you must prepare if you hope to shape a Bond-like physique. "If your end goal is to look like James Bond, you need to set the plan in motion on how you're going to get there," he says. "A James Bond body is not going to come easy. That's hard work, not a gimme."

While building your upper body seems like a key area to turn from average to Adonis, Bula says he tells his clients that working their lower body is just as important

"(My clients) look at me like I'm weird, but when you train your lower body, it improves testosterone and "If your end goal is to look like James Bond, you need to set the plan in motion on how you're going to get there."

Jon Bula, personal trainer

growth hormone release, and it actually helps the rest of your workouts," he says.

Add that to weight training and finding the motivation to work out five days a week, and Bula says men need not invest in a highpriced personal trainer to find results.

But Bula says attaining a toned figure means more than just shedding body fat. He says you need to focus on food, too. "You can train like a mad man and if you're overeating and drinking too much alcohol, you're still going to be chubby and you're not going to see the benefits of your training."

But how can you be like Bond without drinking his token martini? Doug Cook, a dietician at St. Michael's Hospital in Toronto, says the traditional martini — gin or vodka and vermouth — is just fine in moderation. He warns against fancy mixes.



A toned Bond-type body is about more than just exercise. To gain this physique you also need to focus on food.

"If you're getting into mixed drinks or some of these pseudo-martinis, you're going to get a lot of higher sugar content mixes versus the more traditional one he drinks."

Other dietary considera-

tions Cook recommends include following a higher protein diet and ensuring you consume appropriate fats, which he says are important to maintaining testosterone levels and aiding in the burning body fat.



An international research team has identified two genetic variations that appear to increase a person's risk of developing lung cancer by up to 60 per cent, they reported this week. REUTERS

Breakups become faceless



ccording to an October survey commissioned by Samsung Telecommunications America, 11 per cent of Americans say breaking up with a boyfriend or girlfriend via text message is okay.

But why stop there? Today's technology offers us all kinds of cowardly ways to break up with someone. Infamous blogger Sandra Soroka dumped her guy by changing her status to read: "Sandra is letting Will know it's officially over via Facebook status." Wikipedia.com owner Jim Wales used his own site to announce that he was no longer seeing his girlfriend and former Fox News correspondent Rachel Marsden. Then he personally gave her the news via In-



Breaking up with someone over text messaging, Instant Messenger or Facebook are just some of the insensitive ways technology has perpetuated faceless communication.

stant Messenger.

Or why not avoid the deed entirely and simply outsource your breakup? At breakingupiseasytodo.com, they'll send your dumpee a "kind" or "mean" breakup message via e-mail with an audio attachment.

And breakups aren't the only aspects of your relationship you can outsource. The "Rejection Hotline," (reject ionhotline.com) is a number you give someone you don't want to call you that will give them a recorded rejec-

tion so you don't have to. "Today's technol- to notify past out of a bad ogy offers us all date? Use a kinds of cowardly rescue call service (cingular.com/voice-with someone."

info) that will call you at a predetermined time during your date so you can make a quick getaway.

If a relationship leaves

you with more than memories, use an anonymous and

> free STD e-card partners about exposure sexually transmitted dis-

Are we all just becoming a bunch of cowards when it comes to relationships and confrontation? Some argue this kind of faceless communication

isn't always a negative thing. Deb Levine, the executive director of the Internet Sexual-Information Services (ISIS) in San Francisco, the folks behind the free STD ecards, has said: "E-cards do not replace in-person communication, but for people who are diagnosed with an STD, e-cards can enhance sexual communication and ease a process of disclosure that can be extremely diffi-

Still, you have to wonder if all this confrontation avoidance isn't causing us greater damage.

Forcing yourself to communicate and go through the difficult aspects of relationships is what makes us grow. Then again, one good thing about having someone reject you this way is that it makes it easier to get over someone when you realize the person is clearly a spineless coward who obviously didn't deserve you anyway.

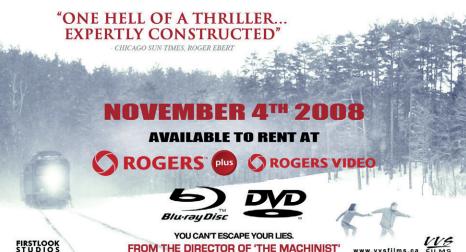
Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Exercise in pregnancy

RESEARCH Light exercise during pregnancy does not increase the risk of pre-term delivery. Researchers in Spain studied 142 pregnant women. They divided the women into a group that didn't exercise and a group that did. The women who exercised did light resistance and toning exercises three times a week for 35 minutes from the 12th week of gestation until the 39th week. In the end, exercise did not have an effect on gestational age. CELIA MILNE/FOR METRO CANADA





© 2008 Distributed exclusively in Canada by Videoville Showtime. All rights reserved. Artwork and design. © 2008 First Look Studios ROGERS name, design and related marks are trademarks of ROGERS. © ROGERS. All rights reserved.

ADVERTISING FEATURE YOUR DENTAL HEALTH

OPEN EVENINGS & SATURDAYS



NEW PATIENTS WELCOME

Located in the Rideau Shopping Centre • 613-230-7475 SMILE RIDEAU STYLE

IS HALLOWEEN REALLY A TREAT FOR YOUR TEETH?

We trust you all survived the ghosts, ghouls and goblins that invaded your homes last week! Halloween is always a time for mixed feelings as a parent. On the one hand, we enjoy seeing how those little faces become so excited at this time of year.

But as a protective parent, how can you overlook that Halloween is also a season of sweets and sugar, potential cavity makers.

Since we were children, we have always been told that "too much sugar is bad for your teeth". We have the best of intentions to limit the amount of sugar our kids consume. The problem is that sugar is a key ingredient in so many of their favourite foods.

Getting children to eat healthier is always a challenge. Many schools have been helping by removing chocolate bars, chips or soft drinks from vending machines on their property. But children still have no trouble finding sugary, starchy foods.

We know that these foods have contributed to the increasing epidemic of childhood obesity.

the increasing problem of tooth

decay amongst young children.

Consider that an 8 ounce bottle of cola contains 6 teaspoons of sugar; a 12 ounce can has 10 teaspoons. Is it any wonder that soft drinks are referred to as "liquid candy"? And we know how much kids love soft drinks.

By no means are we suggesting that children remove all sugar from their diets. Many of these products are fun to eat, and we all need to have fun. However, as much as possible, try to encourage them to find their sugars from healthier sources, such as fruits. For example, dried cranberries are a much healthier alternative, and deliver a lot of sweetness.

Healthy Habits Lead

Dr. Fuad Karim

Dental Surgeon

And whether your kids are eating Halloween candies or dried cranberries, it is vital that you

But they are also contributing to encourage your children to brush after eating. The longer

sugary foods are allowed to remain on their teeth, the more damage can be done. Brushing after every meal is your best defense. If possible, have your children take a toothbrush to school so they can brush after lunch. Two minutes per session is the recommended amount of time. Be sure that the brushes

are stored in containers that are able to be disinfected. Have your children bring their toothbrushes and containers home on a regular basis and use your dishwasher to sterilize both.

We hope your children are enjoying the Halloween candy they worked so hard to bring home last week. Let your children enjoy some sugar, but do your best to make sure it is a moderate amount.

Because limiting the amount of sugar your kids eat is a healthy habit...and healthy habits lead

Entertainment

play a high-powered New York couple placed in the witness-protection program in a small mid-western town in the upcoming film. IMDB.COM

Mom worried

James Bond star Daniel Craig's mother, Carol, feared her son would end up as a failed actor when he quit school. "I knew in my heart he would make it, but you worry as a mother." IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA AMETRONEWS.CA

Sizing up Bond's refined taste

here's a scene in On Her Majesty's Secret Service that's even more dated than Roger Moore's leisure suits and Sean Connery's terrycloth cabana wear.

After ordering a heap of beluga caviar to share with Bond girl Diana Rigg, oneshot Bond George Lazenby beats an evil henchman into unconsciousness, then helps himself to a heaping spoonful of glistening black fish eggs on a wedge of toast on his way out of the demolished hotel room.

Today, that single spoonful of caviar would cost you at least a hundred dollars, if you could get it at all. The James Bond created by Ian Fleming on the page and in over 20 movies onscreen is a self-styled sybarite and gourmand, but this might be an



even more fantastic aspect of Bond than the villain's lairs in extinct volcanoes or the tricked-out sports cars.

Anthony Rommens runs Caviar Direct in the basement of Toronto's St. Lawrence Market, and when he began in the business 15 years ago you could still get real caviar from Caspian Sea sturgeon. One of the ironies of Bond is that the Soviet empire he fought against his whole career ensured him a steady supply of belu-



Rick McGinnis, researching the Becoming James Bond series, with a few of the ingredients for the classic Bond martini.

ga for his amorous conquests; once the Berlin Wall fell, fishing for sturgeon in the Caspian became a freefor-all eventually controlled by the mafia. Three years ago, a ban was put on export of caviar from the area.

"Basically it's fished out everywhere - it's an endangered species," Anthony tells me. "Even the average millionaire can't afford it." He's found alternative sources for his caviar, but you'd expect to pay at least \$165 for a tiny jar of beluga.

"The idea of Ian (Fleming) being a sophisticated good liver was nonsense," says John Pearson in James Bond: The Real Story, a British documentary airing on the Discovery channel this weekend. Pearson is the author of biographies of both Fleming and Bond, and was the writer's assistant at London's Sunday Times.

At a Toronto liquor store, product consultant Stewart Bailey is trying to help me price out the sort of cellar a James Bond would need to have. A 2000 Dom Pérignon would cost \$220, but a '55 Bond's favourite vintage - runs between \$1,205 and \$1,942 according to a search on winesearcher.com. He'd need a good supply of gin and vodka for his martinis, and a few bottles of something like the 2003 Chateau Latour 2003 at \$1,843.23 — "minus \$0.25 for the bottle deposit."

Bond tops foreign box office

MOVIES The new James Bond movie Quantum Of Solace has shot to the top of the international box office chart, taking \$38.6 million US in its opening weekend, imdb.com reports.

The action thriller thrashed the competition in its first few days. In the U.K. market alone, it took \$25.3 million US.

Special BRIT prize for Pet Shop Boys

MUSIC The Pet Shop Boys will receive the Outstanding Contribution to Music award at next year's BRIT Awards, femalefirst.co.uk reports.

Neil Tennant and Chris Lowe will receive the prestigious accolade at a Fenruary ceremony and will close the event with a live performance of their greatest hits. **METRO NEWS SERVICES**





16 entertainment



Singer Leona Lewis says a trip to South Africa for charity campaign Sport Relief this year has inspired her to give a disadvantaged child a home. "I definitely want to adopt," she said. FEMALEFIRST.CO.UK

Entertainment in brief

IN COURT Actor Keanu Reeves was cleared yesterday of any liability for injuries a paparazzo claimed he suffered when he was struck by the actor's car.

A Los Angeles jury deliberated for about an hour in the civil lawsuit brought by Alison Silva against the Matrix star before clearing Reeves. REUTERS



VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Prize is valued at \$150. Contest closes November 7, 2008. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.



DVD picks

Get Smart

Director: Peter Segal Rating: PG

ADVANCE INTEL FOR Get

Smart had it that the spy spoof didn't just miss it that much, but by a country mile. The skep-

was

able

ticism understandin

adapting a show like Get Smart, a James Bond parody that is as much a part of 1960s camp lore as Batman or Barbarella.

Who exactly was a Get Smart movie made for: aging '60s hipsters, now in their 60s, or their easily bored grandkids? But the film stands on its own merits and appeals to all ages as a clever comedy thriller.

In assuming the role of Maxwell Smart, the bumbling Agent 86 of U.S. spy agency CONTROL, Steve Carell provides due homage to series original Don Adams, while adding his own flourishes. Anne



Anne Hathaway and Steve Carell in a scene from Get Smart.

Hathaway does the same with Barbara Feldon's Agent 99.

Supporting stars fit the duo as snugly as a shoe phone, including Alan Arkin as the beleaguered CONTROL Chief; Dwayne (The Rock) Johnson as beefy and bossy Agent 23 and Terence Stamp as amusingly diabolical bad guy Siegfried.

It's a relief to see that director Peter Segal (50 First Dates, Anger Management) and writers Tom J. Astle and Matt Ember (Failure to Launch) didn't stray too far from the template laid down long ago by Mel Brooks and Buck Henry. But they also avoid slavish devotion. Maxwell Smart is still as blind to his flaws as ever, but he's been upgraded from bumbling idiot to bumbling savant — Max actually has a brain and can make like 007 when the occasion demands.

The story is every bit as Cold War loopy as the Get Smart of old, with CON-TROL battling the Eastern bloc's KAOS over a conspiracy to blow up the planet or the U.S. president, whichever comes first. The action sequences are better than the pro forma ones you'd expect in a spy spoof. A struggle aboard a burning SUV speeding toward a train is better than anything in the new Indiana Jones movie - and funnier, too. There's just one thing the naysayers must say for giving us such bad intel on Get Smart: "Sorry about that, Chief!"

Adoption plans

TORSTAR NEWS SERVICES

DΤ	Vu SC C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
8	265 353 2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		10 Days to War	•		Gorilla		
11/4/08	211 331 3	GTV	ET Canada	Entertainment	House		90210 (HDTV) (N))	Kitchen Nightma	res (N)	News (N)	
\equiv	5	SRC	Virginie (SC)	La Facture	Providence (HDT	V) (N) (SC)	Roxy (N) (SC)	Filantes	Le Téléjournal (N	La Zone		
		CHRO	Robson Arms	TMZ (N)	Women of Karao		Criminal Intent	1		, (00)	News (N)	
	196 311 7	CTV	Hollywood	etalk	Criminal Minds ()	. ,	To Be Announce	d	Indecision: Amer	rica	News (N)	
d)	208 303 8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors	u	CBC News: The N		THEWS (IV)	
Y		NBC		the Voting results. (L		22 Williutes	THE TUUOIS		CDC News. The I	vational (IV)	News (N)	
2				, ,	/	0	L - Duamana (00	N	TI/A OO baarras	(40.45) Danie I 6	(/	
	117 713 10	TVA	Occupation	Vidéos	Histoires-filles	Caméra café	La Promesse (SC	<u>,) </u>		(10:45) Denis Lé		
	11	QS	Beauté	Loft Story	Génération sédu		La Verité choc		Cent dix pour ce		Loft Story	
3	137 763 12	TFO	Panorama		Canada	Villages	Les Bonnes Femn	mes ★★ (1960, Drai	me)	Aventures	Mâles en péri	
7		CBS		ection Night (Live)								
A	216 395 14	OMN2	Cold Case "Sleep		News (N)		News (N)		Two/Half Men	King	Cold Case	
W		CITY	Law & Order: SV		Rita Rocks	Rita Rocks	Privileged (HDTV		Hates Chris	Friends	News (N)	
	115 343 16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia	
	218 345 18	E!	The Insider (N)	E! News	Wide Awake (2007	7, Drama) Missy Pe	regrym.		The Best Years (DVS)	News (N)	
	- 361 20	ABC	News (N)	Entertainment	ABC News: Vote	2008 Voting results	. (Live)		•	,	News (N)	
7	512 396 24		(4) Dossier publi	C	À la une		\ -/			Tête-à-tête	Dossier publi	
		CTS	Happy Days	Laverne	Michael Coren Sh	now	100 Huntley Stree	et	Life Today	This Is Day	John Hagee	
		FOX		: Election Special			1.30 Handley Olice	- -	News (N)	o io Day	_ com nagee	
	64	PBS	Business Rpt.	Whiz Quiz	Nova (DVS)		The Newshour El	laction Night Cove	erage 2008 Election			
			Hollywood	etalk	Criminal Minds (1	VI)	To Be Announce		Indecision: Amer		News (N)	
"								u	indecision: Amer	ica	inews (N)	
news	502 390 26	NW	CBC News	Newman		lational U.S. election	on coverage. (N)					
Ĕ		CNN		t in America Presid					1-		T	
	406 417 27	net	Overtime		hington Capitals at				Sportsnet Conne		Hockey Centr	
S	126 730 28	RDI	24 Heures en 60		Grands reportage		Le Téléjournal (S	C)		méricaines: La so	irée	
sports	400 280 30	TSN	That's Hockey!	NHL Hockey Card	olina Hurricanes at	Toronto Maple Leaf	s. (HDTV) (Live)		NHL Hockey: Pre			
Sp	410 403 52	SCR	Cabby Unlimit	Court Surfing NB	A news, scores and	d highlights.			Score Tonight	Hockey Talk		
	411 457 56	OLN	Ed's Up	Videos	Survivorman		Angry Planet	Flying Doctor	Which Way to (N)	Pilot Guides	
	417 406 59	SC	Pinks (HDTV)	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Unique Whips	Hot Import	Pinks (HDTV)	
>	554 544 48	TEL	George-Jungle	Bugs Bunny & Tv		Wayside	Johnny Test	Futurama	American Dad	Robot Chicken	Rick & Steve	
family	557 540 51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody	
垣	551 542 65	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.	
	570 580 29	MM	mmmtop	Where You At	Listed "20 Dirty D		Popaganda	r fallk ratioi	Don't Forget the	 	Party of Five	
		A&E	CSI: Miami "Tinde		The First 48 (HDT		The First 48 (HD)	Γ\Λ	The Rookies	The Rookies	Jacked: Theft	
	615 520 31			EI DUX		(V)		I V)		THE HOURIES		
		SPKE	CSI: NY (HDTV)		CSI: NY (HDTV)		UFC Unleashed		UFC Unleashed	MANswers (N		
4	521 560 34	TLC	That's Gotta Hurl		Half Ton Man (HD		Mystery Diagnos		Dr. G: Medical Ex		Half Ton Man	
	145 761 35	TV5	Toute une histoir			route de l'Himala		Suisse		Humanima	La Nuit	
1		SHO	About a Girl	About a Girl	The Best Years (Testees	Trailer Park	The Shield	House		
V	620 523 40	BVO	Desperate House	ewives	Live at the Rehea		Sweet Soul Musi		Samba Squad	Law & Order		
	520 505 42	DIS	Daily Planet (N)		How It's Made How It's Made		Destroyed	Destroyed	Mighty Ships "Resolute"		Daily Planet	
_	575 583 43	CMT	Canada Countdo	wn	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders	
	601 562 45	SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor	Bride	Tori & Dean: Hon		Wedding SOS	
Ø		COM	Air Farce	Corner Gas	Nathan Fielder 20		The Simpsons	South Park	Indecision 2008 (Daily Show	
السيقية	294 529 47	TBS	House-Payne	House-Payne			Orchid (2004, Suspe		Steve Harvey	Family Guy	Family Guy	
-		H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's I		Holmes-Home	
>		SPC	Lost "What Kate [Star Trek: Next G		Battlestar Galact		Rabbit Fall (N)	Star Wars	Stargate SG-	
>		OI U		After	MTV News	Cribs	Paris Hilton's My		Paris Hilton's My		MTV Live	
>	627 528 50	MTV	Rusted	ALLEI		What Happen?	-	Seinfeld	-			
V	627 528 50 581 566 53		Busted	10	Dianet Coon		Family Guy		Seinfeld	King	Family Guy Crime Stories	
 	627 528 50 581 566 53 618 524 54	TROP	Beverly Hills, 902	210	Planet Soap	Wildt Happell.	A. Man (The D'			LL rime Stories		
	627 528 50 581 566 53 618 524 54 522 506 55	TROP HIS	Beverly Hills, 902 NCIS "Vanished"		Outlaw Bikers	What Happen	Ax Men "The Big	Hit"	NCIS "Vanished"	L. (LIDTA)		
ole v	627 528 50 581 566 53 618 524 54 522 506 55 129 773 60	TROP HIS CD	Beverly Hills, 902 NCIS "Vanished" Biographies "Hila	ıry Swank"	Outlaw Bikers Mayday (HDTV)		Images-chocs	Hit"	Un tueur si proch	1 /	Docu-D (HDT	
v alor	627 528 50 581 566 53 618 524 54 522 506 55 129 773 60 261 394 61	TROP HIS CD V	Beverly Hills, 902 NCIS "Vanished" Biographies "Hila Murder, She Wrot	ıry Swank" te	Outlaw Bikers Mayday (HDTV) Bless-Father	On the Buses	Images-chocs Quantum Leap		Un tueur si proch Charging the Rhi	ino	Docu-D (HDT MythQuest	
able v	627 528 50 581 566 53 618 524 54 522 506 55 129 773 60 261 394 61 602 567 62	TROP HIS CD V W	Beverly Hills, 902 NCIS "Vanished" Biographies "Hila Murder, She Wrot Will & Grace	ry Swank" te Friends	Outlaw Bikers Mayday (HDTV) Bless-Father How to Look Goo	On the Buses	Images-chocs Quantum Leap Style by Jury	Style by Jury	Un tueur si proch Charging the Rhi How to Look Goo	ino od Naked	Docu-D (HDT MythQuest Maxed Out	
sable V	627 528 50 581 566 53 618 524 54 522 506 55 129 773 60 261 394 61 602 567 62	TROP HIS CD V	Beverly Hills, 902 NCIS "Vanished" Biographies "Hila Murder, She Wrot	ıry Swank" te	Outlaw Bikers Mayday (HDTV) Bless-Father	On the Buses	Images-chocs Quantum Leap		Un tueur si proch Charging the Rhi	ino	Docu-D (HDT MythQuest Maxed Out	
capie v	627 528 50 581 566 53 618 524 54 522 506 55 129 773 60 261 394 61 602 567 62	TROP HIS CD V W	Beverly Hills, 902 NCIS "Vanished" Biographies "Hila Murder, She Wrot Will & Grace	ry Swank" te Friends Great Towns	Outlaw Bikers Mayday (HDTV) Bless-Father How to Look Goo	On the Buses	Images-chocs Quantum Leap Style by Jury	Style by Jury	Un tueur si proch Charging the Rhi How to Look Goo	ino od Naked Rabbit Fall	Docu-D (HDT\ MythQuest	

critics'corner—

The Tudors

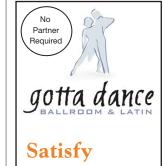
When an irresistible force meets an immovable object — off with old immovable's head! In this new episode, Sir Thomas More and Bishop Fisher (Jeremy Northam, Bosco Hogan) continued opposition to Henry's (Jonathan Rhys Meyers) seizure of religious authority get them imprisoned in the Tower of London, where they face execution if they don't swear allegiance to him. Things aren't looking good for Anne (Natalie Dormer) either; Henry's eye is wandering again. 9 PM on 8 CBC



Feel the beat. This hourlong documentary tells the tale of musician Rick Shadrach Lazar, who formed a large troupe of drummers. Some of the drummers had never touched percussion instruments before Lazar educated them. Now, he and his "band" wander around playing Latin-based music as well as rock, hip-hop and jazz. 10 PM on 40 BVO

Neighbours to face off on new reality show

TELEVISION CBS is developing a series that pits families in two neighbourhoods against each other for a significant prize. The as-yet-untitled series has just started casting, and no airdate is set. The project comes from reality TV veteran Mike Fleiss, best known for ABC's longtime series The Bachelor as well as the network's infamous Are You Hot? REUTERS



Soul

Learn to dance 613-233-2623

Try a half hour for free

420 Bank Street (at Gladstone) www.gottadanceottawa.com

Hannigan's character may be expecting too

Pregnant actress Alyson Hannigan may be giving birth on the small screen as producers of her hit U.S. TV show How I Met Your Mother toy with ideas of rewriting the script to give her character a baby bump. IMDB.COM

Ex-West Wing boss taps drama

SERIES FX and former West Wing writer and executive producer Lawrence O'Donnell are developing a New York-set police drama.

Staten Island centres on a compromised police chief based in the borough. Should the project go forward, it could become a successor to FX's long-running cop drama The Shield, which bows out Nov. 25. O'Donnell won an Emmy for best drama series in 2001 as part of The West Wing's production team. **REUTERS**





Of politics and prime-time

West Wing drew on reality, but did it also influence it?

STAY TUNED Back in the '70s, we used to ominously quote the title of a Gil Scott Heron song called The Revolution Will Not Be Televised, the very mention of which was meant to cloak whatever vou said next in the credible authority of One Who

We were wrong about a lot of things in the '70s haircuts, trousers, architecture, Jimmy Carter, the viability of both open marriages and the Soviet system, to name a few.

We really blew it on the whole TV thing.

But you have to understand that most of us were still only able to access less than a dozen channels at the time, a third of those blanketed in static and snow when the weather wasn't right, another third showing Petticoat Junction reruns for what seemed like half the day.

Today, I think we can be certain that, whatever revolution happens, it'll be **IntelleVision**



covered endlessly on network news, masticated into pulp on cable news, trivialized by any number of reality shows and subsequently eulogized in a series of documentaries and HBO miniseries after the fact.

During its seven season run, The West Wing played out like political fantasy football for liberals - refuge from the reality of a Bush presidency.

The popular political drama depicted a world where a wise, paternal Democrat unafflicted by priapism occupied the White House. It's common knowledge that the show's writers based Jimmy Smits' Matthew Santos on

"The West Wing played out like political fantasy football for liberals – refuge from the reality of a Bush presidency."

freshman senator distinguished for an inspiring speech he'd made at the 2004 Democratic convention.

But a recent New York Times article has itemized the instances where the show's final two seasons, covering Santos' presidencampaign, proved prescient.

Even the campaign rhetoric is familiar. "I am here to tell you that hope is real," Smits' Santos tells the crowd at a rally. The Times can fill in the rest. "Viewers can almost hear the crowd cheering, 'Yes, we can." There is, of course, the chicken and the egg question of how much Obama's scriptwriters might have been following the previous script.

That will have to wait

Barack Obama, then a for the campaign postmortem books and articles months, and even years,

down the road.

The test of the Times thesis will be apparent Wednesday morning. A surprise McCain win might reduce the West Wing to a footnote to the Obama candidacy.

One thing's for sure, though: For all the insatiable demands of television today, the partisan culture of Hollywood - a constituency that didn't seem to respond to the Democratic leader's early claims that he would bridge the partisan divide probably won't provide a West Wing for Republicans should Obama win.

> Rick McGinnis writes about music, movies, books and television, but not opera.

Writer revisits disfunction

metro

NEW COMEDY The co-writer of Meet the Parents and Meet the Fockers is developing an NBC comedy that shares some similarities with his hit movies.

Changing Positions, from Jim Herzfeld, centres on a Wall Street guy in his late 30s who loses everything and is forced, along with his wife and their teen kids, to move in with his parents.

They are a sexually active couple who live in a Hollywood Hills compound after amassing a fortune making (and starring in) instructional sex videos.

"They're moving into a pretty cool place," said Herzfeld. "The challenge is raising a family the way you want to raise them around grandparents who don't have the same values you have, who have no filter when it comes to their sexuality and don't think twice before skinny dipping in the pool with the kids around."

REUTERS





Kidman, hubby carry one-week rule

Actress Nicole Kidman reportedly has an agreement with her husband Keith Urban to never be separated for more than seven days despite their hectic schedules. FEMALEFIRST.CO.UK

Celebrity Buzz

tor Michael J. Fox with giving him a boost as he raced to the finish line of the New York City marathon on Sunday, imdb.com re-

ports. Reynolds announced he would be running the 42kilometre stretch last month, inspired to commit to the challenge after witnessing his father's battle with Parkinson's disease over the past 15 years. Fox also battles disthe ease. "I'm still standing. I'm very excited

and 50 minutes.

"(During the race) I thought a lot about my father and Michael (J. Fox) and the 500,000 other people afflicted with this

awful disease in the United States alone. I ran for those who can't," Reynolds said. "When I saw Michael J. Fox on Fifth Avenue, gained about pounds in

goose

bumps. It kind of pushed me through the last six miles or so." METRO

"She had a chest infection (last week) and underwent some NEWS tests to make

ing

was

wrong,"

sure noth-

else

but

old

Fox inspires Reynolds to finish marathon

PEOPLE Actor Ryan Reynolds has credited acredited acre

tors diagnosed the Gramhome, Amy Winehouse has returned to hospital my Award-winner with scarring of the for ongoing treatment, People.com lungs. "She has been told to ports. The 25-yeargive up smok-

ing and was singer / spent the past initially week being struggling treated at with that the London she was covered Clinic. She nicotine left the hospipatches at one tal on Friday point. But she checked is making an back in yestereffort.' Despite her

health woes, Winehouse has been recording tracks in her home studio for an upcoming album, her London-based rep, Chris Ĝoodman,

said.

METRO NEWS SERVICES

celebrity brief

Winslet doubted being famous

FAME Actress Kate Winslet didn't think she would ever be famous because she was "fat," femalefirst.co.uk reports.

"I never had huge ambitions, never," Winslet says. 'I was fat. I didn't know any fat famous actresses. I just did not see myself in that world at all, and I'm being very sincere. You know, once a fat kid, always a fat kid. Because you always think that you just

look a little bit wrong or a little bit different from everyone else. And I still sort of have that.' METRO NEWS

celebrity brief

Butler reveals near epiphany

PEOPLE Actor Gerard Butler had an epiphany at the Church of the Holy Sepulcher in Jerusalem, Israel, but it wasn't enough to stop him from smoking, imdb.com reports.

Butler turned to prayer after hypnotism and patches failed to work, and for a moment, he thought a higher power had helped end his nicotine addiction.

"I really felt an epiphany was happening. I even thought I saw a light around me," he says. "Four hours later, I

bought a packet of Marlboro Reds. Who am I kidding?' METRO NEWS **SERVICES**



celebrity brief

he

about

was an in-

credible

experi-

ence,"

that.

Osbourne, beau move in together

RELATIONSHIPS Reality TV star Kelly Osbourne is getting serious with her boyfriend, Luke Worrall, PageSix.com reports.

The couple now "live together in Los Angeles and in London," a friend of both says. 'They are so totally METRO

Miller, Getty on rocks? | Moore doesn't want to

RELATIONSHIPS Actress Sienna Miller has reportedly shelved her romance with oil heir and actor Balthazar Getty after arguments their differing over

lifestyles, imdb.com reports. Miller is said to have recently back to flown Britain from the U.S. after initiating a "cooling

period off' with Getty. is claimed to have clashed with Getty, who recently announced his separation from wife Rosetta, over his reluctance to file for divorce.

> However, according to Britain's Mail on Sunday, Getty is also fed up with Miller's partying lifestyle, so the couple has decided to spend some time apart in a bid to save their relationship, newspaper the claims.

A spokesperson for Miller has refused to comment on the reports.

METRO NEWS SERVICES

talk to strangers: Report

SERVICES

FAME Julianne Moore hates it when strangers talk to her, femalefirst.co.uk reports.

The actress doesn't like fans assuming they know her and wishes they would respect her privacy.

"I simply don't like talking about my acting or the scene or any of that. I need my space," Moore says. "I'm there doing my thing, and to someone who doesn't know me, it will look like they can

talk to me. But they can't." Moore also admits her career decisions are often influenced by the lure of

"There is stuff you do because you love to do it,

there is stuff that is not very good, and then there's stuff that you end up doing because you need the money, because like anyone else you have to have a job," she explained to Empire magazine.

> **METRO NEWS** SERVICES

celebrity brief

DiCaprio starts slow with ladies

PEOPLE Leonardo DiCaprio was a "slow starter" with women, femalefirst.co.uk reports.

"I've always been a slow starter," he says. "My first date was with a girl called Cessi. We had a beautiful

relationship over the phone all summer, and then when we met, I couldn't look her in the eye." **METRO NEWS** SERVICES



Can we end our dependence on fossil fuels

questioneverything.carleton.ca



Canada's Capital University





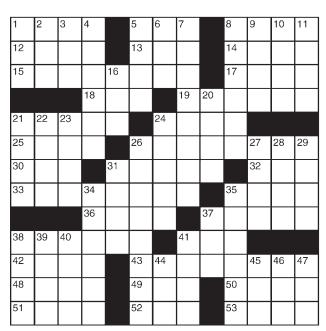






entertainment 19

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		9			3		6
	2		3	4		5	
3			9	1			7
		5	8	2	9		
		1	7	6	5		
1			5	3			8
	9		4	7		6	
7		2			4		5

Crossword across

1 Moist

5 Occupation

8 Crones

12 Reed instrument

13 Blackbird

14 Geometry calculation

15 Dry red wine 17 Eastern royal

18 Reason to say "alas"

19 Drank

21 Pray in a synagogue

24 Arsonist 25 Phrase of understanding

26 Nightclubs

30 Round Table address

31 Bear

32 "Great Expectations" lad

33 Plotter

35 Missile shelter

36 Ceremony

37 Diamond side

38 Shrimp recipe

41 Lout

42 Forum garb

"out"

50 Streamlet

51 Small plateau

52 Allow

53 Black

Crossword down

1 "What's up, —?"

5 Tarzan's mate

7 Gradually

8 Port

10 Chromosome

11 Aforementioned

16 Director Howard

23 Action word

43 "... of — and kings"

48 Supplemented, with

49 Boxing legend

2 Lawyers' org.

3 Horde

4 Runt

6 Inseparable

9 Bedouin

component

20 Persia, now

21 Platter

22 Largest continent

24 Obey a comma

26 Indispensable

27 Grand tale

28 "Scrabble" piece

29 Dalmatian marking 31 Radar-screen sound

34 Fleet

35 Jungle trek

37 "Terrif!"

38 Goblet feature

39 Pepsi rival

40 A long time

41 Final notice

44 Brewery product 45 Card-table call

46 Wapiti 47 Crafty

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

J	Α	W		S	Α	L	Ε	S		F	U	R	7		2	6	1	5	4	8	3	9
Α	G	Α		Т	R	Е	Ν	Т		0	Ν	E	9	Ť	1	5	8	3	7	2	6	4
М	0	R	S	Ε	С	0	D	Е		R	1	D		\perp	•		U	J	-		U	-
			Τ	R	Α		Е	٧	Τ	С	Т	s	4		8	3	2	9	6	5	1	7
S	Α		L	Ε	D		D	Ε	L	Ε			6		9	8	4	7	2	1	5	3
0	U	R		0	Ε	D		Ν	Α	F	Т	Α	_	+	•			-	_	Ŀ.	_	_
Р	R	0	F		S	0	S		Υ	Ε	Α	R	3		4	1	6	8	5	9	7	2
Н	Α	N	Ε	S		S	Ρ	F		Ε	Κ	E	5		7	2	3	1	9	4	8	6
		Н	U	L	L		Ε	L	U	D	E	s	_	+		-	_		_	-	-	_
٧	0	0	D	0	0		N	0	N				_2		3	9	5	6	8	7	4	1
Ε	R	R		G	U	Τ	С	0	U	R	S	Ε	8		6	7	9	4	1	3	2	5
G	Α	s		Α	1	R	Е	D		Α	Р	E		+	_		_	_	_	_	_	_
Α	L	Е		Ν	Ε	Α	R	S		Υ	Α	Κ	1		5	4	7	2	3	6	9	8

Find today's answers + play more games at metronews.ca

SUDOKU	J SOLVE	TIME:

Under 13 minGenius 13-17 min.....Scholar

17-21 minSmart 21-25 minNot bad 25+ min.....Keep practising

Curried chicken salad

Recipe of the day

INGREDIENTS: 1/4 cup (50 mL) low-fat plain

yogurt

2 tbsp (25 mL) light mayonnaise

sandwiches

1 1/2 tsp (7 mL) curry powder 1 tsp (5 mL) honey

1/4 tsp (1 mL) salt 2 cups (500 mL) chopped cooked chicken (8 oz/250 g)

1 apple, cored and chopped 2 celery stalks, chopped

4 lettuce leaves 2 whole-grain pita breads (8 in./20 cm), halved

METHOD:

1. In a large bowl, whisk together yogurt, mayonnaise, curry powder, honey and salt. Add chicken, apple and celery. 2. Place a lettuce leaf in each pita half and fill with 1/4 of the chicken salad.

SERVES 4

rd.ca

For nutritional infor mation on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on



AVATAR VENUS

Horoscopes

ARIES

MARCH 21-APRIL 20 Don't project your own flaws onto others. Refusing to com-

mit won't free you. Don't play

games with anyone who does-

n't know you. **LIBRA SEPT 23-OCT 23**

A weird man has something to say about a happy situation. Your simple pleasures will cause revelations. Rein in your hopeless expectations.

TAURUS APRIL 21-MAY 21 A close call will distress you.

You must ask for help, if you need it. You'll scream when a secret is finally told.

SCORPIO

OCT 24-NOV 22

You have a chance to leave a bad place. Something that was lost is found. Your special talents will be recognized.

GEMINI MAY 22-JUNE 21

Meeting someone new can inspire desire. Contact someone to share your good news. A miserable person has breached a boundary.

NOV 23-DEC 21

CANCER

SAGITTARIUS

Conflict is ended by your surrender. If you toe the line, you'll lay yourself open to fury. You can find a lost friend using the Internet.

JUNE 22-JULY 22

You're nostalgic about your old loves. Someone won't want to hear the truth. Confusion about signals will open your

CAPRICORN DEC 22-JAN 20

A lover forgives a flirtation. A suspicious employer is checking facts. Don't doubt that a forlorn woman will change a bad situation.

LEO JULY 23-AUG 23

A bully can be crushed by kind words. Look for emotional support from friends. Refuse to complain about negligence.

AQUARIUS JAN 21-FEB 18

A messy state of affairs is resolved well. Despair will crop up if you're slacking off. Beware those who give affection unconditionally.

VIRGO AUG 24-SEPT 22

Enjoy someone's fine sense of hilarity. You'll see where recklessness leads. The growth of a friendship will create turmoil.

PISCES

FEB 19-MARCH 20

A savings account should be investigated. Get perspective or you'll be duped by a ridiculous situation. A little man has power issues.

FLIGHT CENTRE Unbeatable

ORLANDO

Travel Nov 20 - Nov 30/ts

PARIS Travel Nov 12 - Nov 18/ts

+ taxes & fees \$235 + taxes & fees \$407 **INCLUDES** roundtrip airfare.

1 866 827 2214 | flightcentre.ca

Conditions apply, Ex:Ottawa *Ex. Montreal. Air only prices are per person for return travel unless otherwise stated. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at publication, errors and ornissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

This day in history

NOV. 4, 1918: The German Revolution begins when 40,000 sailors take over the port in Kiel.

NOV. 4, 1922: In Egypt, British archaeologist Howard Carter and his men find the entrance to King Tutankhamun's tomb in the Valley of the Kings.

NOV. 4, 1973: The Netherlands experiences the first Car Free Sunday caused by the 1973 oil crisis. Highways are deserted and are solely used by cyclists and roller skaters.

NOV. 4, 2002: Chinese authorities arrest cyber-dissident He Depu for signing pro-democracy letter to the 16th Communist Party Congress.

METRO NEWS SERVICES



Challenge conventional thinking.

Challenge yourself.

Here, you learn about real-world approaches to real-world problems. You get to ask the big questions. The important questions. The questions that move the world from what it is, to what it could be.

Because that's how you discover the big answers – answers that make a real difference in your life, in your career and in the world.

Come to Carleton University. And question everything.

Start today at questioneverything.carleton.ca



Canada's Capital University